



GET READY TO CREATE SENSATIONAL

Autumn/Winter 2020

Plant-based recipes to power up
your **pub & restaurant** menus



ALWAYS OPEN FOR YOU



REAL CHANGE

Consumer attitudes are set to change even further due to the coronavirus pandemic, and the move to plant-based lifestyles is predicted to accelerate.¹

We're in unprecedented times. We know that the COVID-19 pandemic has impacted our hospitality industry, our people and our families on an unparalleled scale, but exactly how it will unfold for pubs, casual dining and the industry at large is still to be understood.

During these uncertain times, we continue to be a dependable business partner and make every possible effort to adapt to the evolving situation.

We're working tirelessly to support pubs, restaurants and hotels as much as we can through insights, support packs, recipe inspirations and chef training videos, so that tomorrow when you bounce back, we bounce back together!

After all, for our partners and for the industry, hospitality is more than just a business. It is **our** business...

For more information on how we can support you, visit
www.nestleprofessional.co.uk/alwaysopenforyou

1 in 5

Brits cut down their meat consumption during the pandemic, with half of those trying vegan meat alternatives saying they'd continue to choose them after lockdown²

92%

The amount of plant-based meals eaten by non-vegans³

£1.1bn

The predicted value of the plant-based industry by 2024⁴

As normality returns, your customers will be looking for more. A range of plant-based options on the menu will be expected with taste and quality becoming even more non-negotiable than ever.

In line with these customer expectations, we bring to you a recipe playbook from Garden Gourmet® that will inspire you to develop plant-based vegan and vegetarian menus for the 'dark nights' autumn/winter menu cycle.

This playbook is packed with seasonal menu recommendations for Christmas and Veganuary and brings to you new ideas on how to make plant-based dishes an integral part of any celebration.



Serving Suggestion

OUR BELIEF

Garden Gourmet® was developed based on the belief that the more people embrace a plant-based lifestyle, the better the world will be.

Our range has been developed to make cutting down on meat simple, offering:

Unbelievable texture

Unrivalled flavour

Amazing quality and versatility

We work closely with leading chefs, food technologists, nutritionists and sustainability experts and believe our plant-based innovation can make the world even more incredible – without compromise.



DEVELOPED BY CHEFS

All our recipes have been created by our in-house chefs to demonstrate and showcase the breadth of Garden Gourmet's versatility.

We're all about partnerships and you'll often find our chefs working with your teams to ensure you're on trend and winning as a business, with our nutritionists also on hand for support.

With your help we'll deliver customised solutions for you and your business – and together we can create an incredible plant-based future.

Look out for our chefs' & nutritionists' plant-based hints and tips throughout this book!

Nestlé Business Development Chef, Justin Clarke

"I've been involved in Garden Gourmet from the start; seeing it move at an incredible pace with technology changing continuously. Our versatile range of options have been developed by the best R&D specialists in the world and it's amazing to see how a customer's plant-based perceptions change once they taste our products."



Nestlé Business Development Chef, Darren Chapman

"The world as we know it is changing and so is the food industry. Plant-based food isn't a fad - in my opinion it's now a way of life for us all. I never thought I would change my eating habits, but having worked on Garden Gourmet I would now class myself as a flexitarian and I truly look forward to my meat-free days."



Nestlé Culinary Business Development Executive, David Wright

"Since I've started cooking with the Garden Gourmet plant-based ingredients, I have been blown away with the versatility, texture and taste that the products offer."



A FORCE FOR GOOD

Reflecting the growing demand for plant-based meals with nutritional benefits, each of the recipes in this book has been designed by our nutritionists in line with public health guidelines. Including 600kcal or less per portion, 2 of your 5 a day and mostly green and amber front-of-pack nutrition labelling, the recipes reflect our business priority to act as a force for good and support the nation's health and wellbeing.

YOUR CREATIVITY

The recipes in this book have been selected to demonstrate just a few of the menu possibilities for the colder months using the Garden Gourmet® range.

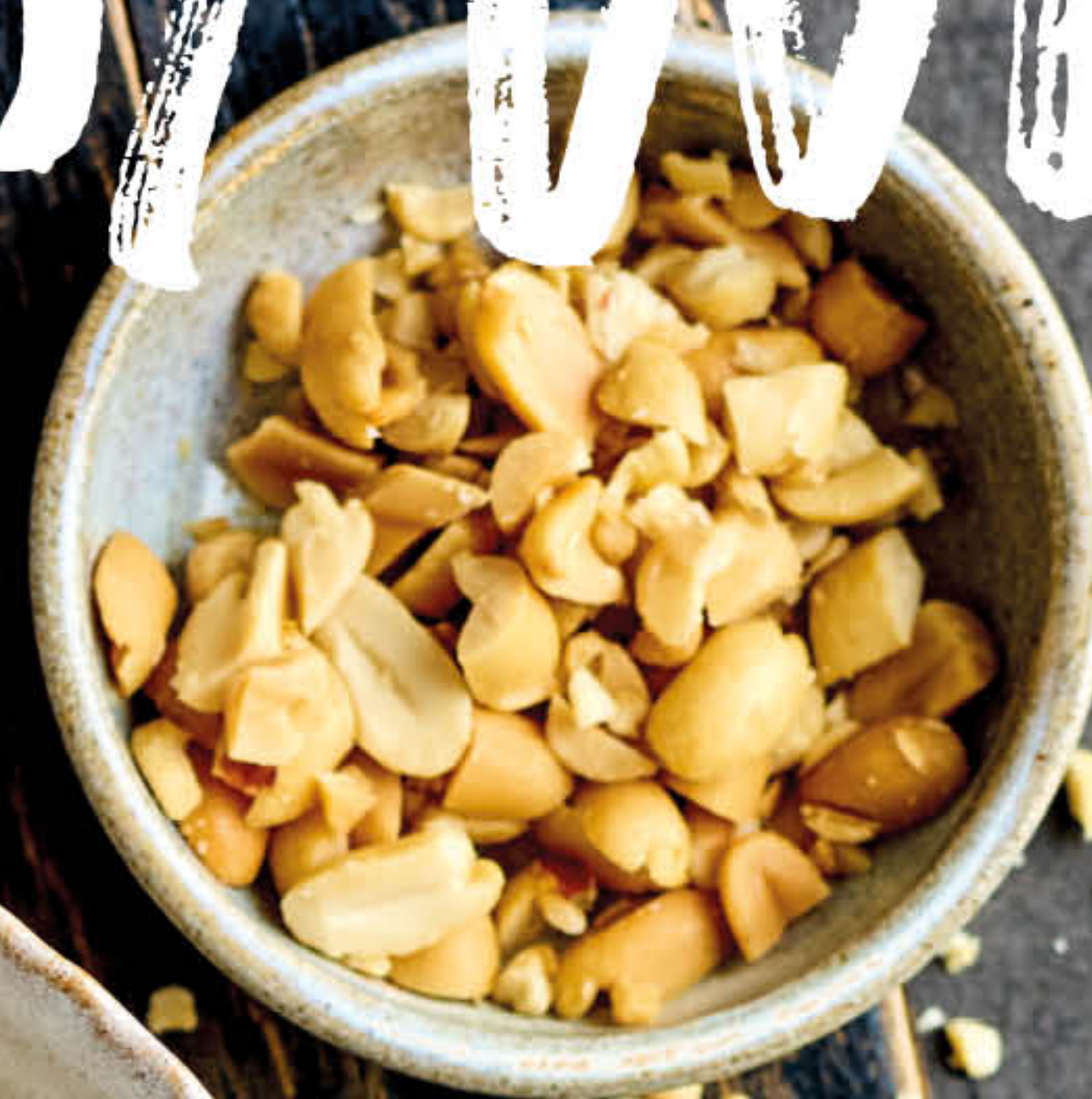
Prolonged or intermittent social distancing could well be a necessity in the coming months and as your restaurants reopen, you'll need hard-working plant-based options on your menus to meet the growing demand for plant-based dishes.

The versatility of the Garden Gourmet® range means the opportunities for creativity are endless, and the options work across multiple menu categories.

For further ways on how we can help you make plant-based concepts work even harder for your business, simply get in touch at learn.more@uk.nestle.com



AUTUMN/WINTER



From comfort food classics to more adventurous winter warmers, keep your customers coming back for more with a range of exciting dishes for the shorter days and longer nights



Of the top ten food trends predicted by business leaders for 2019, 8 out of 10 were linked to health and sustainability, with this predicted to rise further in 2020⁵



KOREAN-STYLE BURGER



Loaded with authentic Korean flavour, this vegan Korean-Style Burger taps into the fermented vegetable trend with a tangy kimchi topping. Satisfyingly crunchy and quick to make, this dish is sure to be a standout on any menu

Serves 10

Prep Time: 15 Mins

Cook Time: 10 Mins

Ingredients

- 10 x Garden Gourmet Sensational Burgers, defrosted
- 12g kimchi paste
- 300g white cabbage, finely chopped
- 200g finely grated carrot
- 350g mooli, daikon grated
- 100g finely shredded red onion
- 500g round lettuce leaves, washed
- 200g salad tomatoes, sliced
- 50g light vegan mayonnaise
- 10 x vegan burger buns, split and toasted

Method

1. Preheat the oven to 190°C
2. Place the defrosted Garden Gourmet Sensational Burgers onto a lined baking sheet and place in the oven for approx. 9 mins
3. Put the veg in a rounded bowl, add the mayo and kimchi paste and combine together. Leave until the burgers are ready
4. When ready take the heel of the burger bun and lay on the washed and dried lettuce leaf along with slices of tomato
5. Top with the cooked burger then pile high with the dressed kimchi slaw before topping with the crown of the vegan bun



Serving Suggestion

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1793 kJ 428 kcal	18.2g	4.8g	8.1g	1.69g
21%	26%	24%	9%	28%
of an adult's Reference Intake (RI)* Energy per 100g: 573 kJ / 137 kcal				

Nestlé Student Nutritionist, Freya Sharpe
You can add an extra serving of veg by experimenting with an Asian-inspired side salad



BBQ BREADED FILLET AND CORN SALAD NACHO BOWL



This BBQ Breaded Fillet Nacho Bowl recipe is piled high with sweet and smoky flavours and varying textures, making it a sure-fire hit when it comes to satisfying the most diverse of taste buds. What's more, it makes a great sharing platter in the warmer months!

Serves 10

Prep Time: 20 Mins

Cook Time: 25 Mins

Ingredients

- 10 x Garden Gourmet Breaded Fillets
- 100g BBQ sauce
- 4 large wholemeal Lebanese breads, cut into strips
- 2½ tsp black chia seeds
- 350g asparagus, trimmed
- 250g green tomatoes, sliced
- 250g oxheart tomatoes, sliced
- 40g watercress sprigs
- 2 tbsp dukkah (dukkah is a blend of nuts, seeds and spices. It originated in North Africa)
- 1 tbsp extra virgin olive oil
- 5 corncobs, kernels sliced
- 2½ fresh jalapeño chillis, finely sliced
- 3 x limes, cut into segments to serve
- Cracked black pepper, to taste

Chipotle Dressing

- 500g low-fat natural Greek-style (thick) yoghurt
- 25g chipotle paste

Method

1. Preheat the oven to 180°C (350°F). Place the bread on large baking trays, lightly brush with the oil and sprinkle each with chia seeds. Cook for 8 minutes or until crisp. Set aside
2. Heat a large frying pan over high heat, add the corn and cook for 4-5 minutes or until lightly charred, then hold the corncob standing up and cut down the sides, removing kernels as you work round
3. To make the jalapeño yoghurt, place the yoghurt and pickled jalapeños in a bowl, then using a hand-held blender, blend until smooth
4. Place the asparagus in a large saucepan of boiling water and cook for 2 minutes. Remove, refresh under cold water and shave with a peeler
5. Place the breaded fillets on a lightly greased baking tray and brush each fillet with the BBQ sauce using a pastry brush. To cook the breaded fillet, preheat the oven to 200°C (fan 180°C) or gas mark 6, from
 - a. Defrosted: 5-6 minutes
 - b. Frozen: 8-10 minutes
 Once cooked, slice each fillet at a 45-degree angle
6. To plate up, divide the watercress, asparagus, tomato, corn and fresh chilli between each plate, drizzle each dish with the dressing and then garnish with the dukkah and cracked black pepper. Serve with lime segments and Lebanese bread

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
1906 kJ 455 kcal	16.1g	2.7g	12.5g	1.78g
23%	23%	14%	14%	30%

of an adult's Reference Intake (RI)*
Energy per 100g: 557 kJ / 133 kcal

Nestlé Business Development Chef, Darren Chapman

Unlike breaded chicken this product cooks in approx. 12 mins and can be cooked straight from frozen



CHILLI, PARSNIP MAC 'N' CHEESE

Serves 10
Prep time: 15 mins
Cook time: 70 mins

Served with a charred onion and tomato side salad, this delicious vegan mac 'n' cheese recipe is a great twist on a traditional and much-loved dish. Featuring a chilli kick while seamlessly blending in the sweet and earthy nuttiness of parsnips, this satisfying dish is ready to spruce up your menu

Ingredients

- 700g Garden Gourmet Mince
- 30g extra virgin olive oil
- 1 fennel bulb, finely chopped
- 1 onion, finely chopped
- 30g garlic, minced
- 4 bay leaves
- 2 tbsp smoked paprika
- 1 tbsp cumin
- 2 x green chillies, chopped
- 350ml water
- 600g Maggi Rich and Rustic Tomato Sauce
- 500g vegan penne pasta
- 20g coriander, chopped

Spiced Parsnip Sauce

- 50g Vitalite, dairy-free
- 1 onion, finely chopped
- 2 mace blades
- 2 bay leaves
- 6 cloves
- 500ml soya milk
- 150ml Alpro fresh soya cream alternative
- 600g parsnips, peeled and cut into chunks

For the Crumb Topping

- 2 tbsp olive oil
- 150g vegan bread, roughly blitzed in a food processor

- 50g dairy-free parmesan, finely grated

Side Salad

- 2 bunches (200g) spring onions, trimmed
- 350g mixed small tomatoes, halved
- 50g watercress, washed

For the Dressing

- 2 tsp white wine vinegar
- 2 tbsp extra virgin olive oil
- ½ tsp wholegrain or dijon mustard
- Pinch of caster sugar

Method

1. To cook the mince, heat the oil in a large pan over a medium heat, add the onion, fennel and sauté for 8-10 minutes until softened. Add the garlic and the chilli, bay leaves, cumin, paprika and cook out for a further 2-3 minutes. Then add the mince, tomato sauce and water and simmer for 20 minutes
2. Check consistency, set to one side and stir in the chopped coriander
3. Cook the pasta in a large pan of boiling water according to pack instructions. Drain well, and then set aside. To make the crumb topping, simply mix all the crumb topping ingredients together in a bowl and set to one side
4. To make the spiced parsnip sauce, in a separate saucepan melt the butter alternative, add the onion and cook over a medium heat for 10 minutes until the onion has softened but not coloured. Add the mace, bay leaves and cloves along with the soya milk and Alpro cream. Bring to a gentle simmer, and then add the parsnips. Cook the parsnips covered over a medium heat for 25-30 minutes until the parsnips are tender.

Take off the heat and remove the spices. Blitz the parsnip mixture in a blender until smooth to a consistency of double cream. Let down with some milk if needed and season to taste. Mix the sauce with the cooked penne pasta

5. Heat the oven to 200°C/180°C fan/gas mark 6 then mix the sauce with the penne pasta
6. To assemble, spread the mince mix over the base of the baking dish, flatten down with the back of a spoon, top with the pasta mixture and crumb topping, then bake for 30-40 minutes until golden brown and bubbling
7. To make the side salad, heat a non-stick frying pan until very hot. Cut the spring onions in half lengthways and cook for about 2½ mins each side, cut-side first, until charred and tender then set to one side. In the same pan add the tomatoes, cut-side down, for 30 secs-1 min until just softened and caramelised, then set aside with the onions
8. To make the dressing, put all the ingredients into a bowl and whisk. When ready to serve, pile the watercress, onions and tomatoes onto a platter then drizzle it all over the salad

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2428 kJ 579 kcal	18.6g	3.3g	13.5g	1.02g
29%	27%	17%	15%	17%
of an adult's Reference Intake (RI)* Energy per 100g: 559 kJ / 133 kcal				



VEGETARIAN BOLOGNESE



This true Italian classic recipe packs a delicious flavour and a protein punch with none of the meat. Try our Spaghetti Bolognese with a vegetarian spin – and 2 of your 5 a day!

Serves 10
Prep Time: 20 Mins
Cook Time: 25 Mins

Ingredients

- 800g Garden Gourmet Mince
- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 large carrots, finely chopped
- 2 sticks celery, finely chopped
- 5 garlic cloves, finely chopped
- 350g mushrooms, sliced
- 3 tbsp tomato puree
- 600g Maggi Rich and Rustic Tomato Sauce
- 15g Maggi Vegetable Bouillon
- 2tsp fresh oregano, chopped
- 300ml water
- Freshly ground black pepper

To Serve:

- 800g dried white or whole-wheat pasta
- 80g grated vegetarian or vegan alternative Italian cheese
- Large handful fresh basil leaves, torn

Method

1. Heat the oil and fry the onion, carrot, celery, garlic and mushrooms for 5-10 minutes until softened. Add the remaining ingredients except the mince and cook for 15-20 minutes until the sauce has thickened
2. Place the pasta in a large pan of boiling water and cook according to the pack instructions. Drain but reserve 3-4 tablespoons of the cooking water
3. Meanwhile stir the frozen mince into the tomato sauce and heat through for 3-4 minutes, adding a little of the pasta cooking water if required
4. Serve the Spaghetti Bolognese topped with the cheese and basil

As our mince is vegan, this recipe can be made into a vegan option by simply substituting the spaghetti and cheese with vegan alternatives.



Serving Suggestion

Each portion typically contains:				
Energy 2093 kJ 497 kcal	Fat 11.9g	Saturates 2.8g	Sugars 14.4g	Salt 1.61g
25%	17%	14%	16%	27%
of an adult's Reference Intake (RI)* Energy per 100g: 521 kJ / 124 kcal				

Nestlé Culinary Business Development Executive, David Wright

If you don't have time to make the sauce from scratch, look out for tomato sauces with added vegetables or add some grated carrot and frozen peas to boost your veggie intake! Make the sauce and add the mince last minute to save time



FILLET PIECES TIKKA MASALA



This vegan spin on the classic Tikka Masala substitutes chicken pieces for high-in-protein and gloriously golden Garden Gourmet Fillet Pieces. Packed full of nutritious vegetables, this recipe offers a hearty bowl of food for the soul



Serving Suggestion

Serves 10

Prep Time: 15 Mins

Cook Time: 30 Mins

Ingredients

- 1.2kg Garden Gourmet Fillet Pieces
- 20ml vegetable oil
- 25g vegan butter alternative
- 150g roughly chopped onions
- 200g mange tout, shredded
- 300g tenderstem broccoli, prepped and blanched
- 120g tikka masala paste
- 120g red peppers, large dice
- 800g Maggi Rich & Rustic Tomato Sauce
- 20g mango chutney

- 80ml dairy-free vegan cream
- 150ml dairy-free yoghurt
- 10g chopped coriander leaves, to serve

Spiced Cauliflower

- 10ml vegetable oil
- 3g mild chilli powder
- 3g ground cumin
- 5g fresh coriander
- 3g mild curry powder
- 3g ground turmeric
- 1kg cauliflower, small florets, blanched

Method

1. Heat 4 tbsp vegetable oil and butter replacement in a large pan on a moderate heat, add the onions and cook for 15-20 mins until soft
2. Add the tikka masala paste and red peppers and cook for 5 mins
3. Add the Maggi Rich & Rustic Tomato Sauce, rinse the can with water and add to the sauce. Leave to simmer gently for 10 mins, then add the Garden Gourmet Fillet Pieces, mange tout and blanched tenderstem broccoli. Simmer for another 5 mins
4. To finish the curry, add the mango chutney, single cream replacement and yoghurt replacement. Warm thoroughly, then scatter with the chopped coriander

Method for the Spiced Cauliflower

1. Heat the oil in a thick-based frying/sauté pan and add all the spices. Reduce the heat and cook for approx. 1 min
2. Add the blanched cauliflower florets and sauté in the spices. Coat well
3. Finish with the fresh chopped coriander and serve warm

This dish works perfectly with steamed wholemeal rice or naan bread as an indulgent treat

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1526 kJ 366 kcal	17.4g	3.0g	11.3g	1.74g
18%	25%	15%	13%	29%
of an adult's Reference Intake (RI)* Energy per 100g: 466 kJ / 112 kcal				

Nestlé Nutrition Manager, Anna Collins
Add a crunchy side salad for an extra
1 of your 5 a day



AUTUMN INSPIRATION

Take crowd pleasers like these two favourites and power up their potential by swapping the meat for Garden Gourmet plant-based options

SLOPPY JOE BURGER

Take a classic favourite and give it a plant-based spin. Originating in the US, the Sloppy Joe Burger is a perfect indulgent treat using the vegan Mince, Sensational Burger and vegan cheese. It also works equally well in wraps for an on-the-go option.

MEATLESS MEATBALL PASTA

A favourite for all ages, Spaghetti and Meatballs is a perfect, wholesome winter warmer and always delivers on flavour. Garden Gourmet Vegan Meatballs offer a great meat swap-out option with an unbelievable texture and amazing taste.

Meatless Meatball Pasta with Garden Gourmet Vegan Meatballs





BREADED FILLET KATSU CURRY



Quick, simple and packed full of authentic flavour, this Katsu Curry recipe offers a comforting vegetarian twist on the classic Japanese dish. With a smooth curry sauce and crispy golden Garden Gourmet Breaded Fillet, this recipe is a lively staple for the menu all year round

Serves 10

Prep Time: 15 Mins

Cook Time: 40 Mins

Ingredients

- 10 x Garden Gourmet Breaded Fillets
- 1kg cooked Japanese rice
- 500g spring cabbage
- 300g Japanese curry paste
- 250g carrots
- 600g potatoes
- 1kg onions
- 60ml cooking oil
- 1.5 litres water

Method

1. Mince the onions and cut the potatoes and the carrots in big dices of 2 centimetres
2. In a big cooking pot over a medium heat put the oil and sweat the minced onions for 10 minutes. Add the cut potatoes and carrots and let cook for 5 minutes
3. Add the water and bring to a boil, then reduce and cook for 10 minutes. Add the curry paste, cover the pot and cook for 10 minutes on a low heat. The sauce should have the consistency of a Bechamel sauce. If not continue to reduce it a bit more and season to your taste
4. Pan fry the Breaded Fillet and the spring cabbage and heat up the rice
5. In a serving dish put the rice and the Breaded Fillet with the cabbage next to it and add the sauce on the top of half of the dish

Each portion typically contains:				
Energy 2431 kJ 579 kcal	Fat 20.7g	Saturates 4.2g	Sugars 16.2g	Salt 1.8g
29%	30%	21%	18%	30%
of an adult's Reference Intake (RI)* Energy per 100g: 461 kJ / 110 kcal				



Nestlé Business Development Chef, Justin Clarke
Serve with Japanese pickles and ginger and try seasoning the Breaded Fillet with kimchi for a kick



SENSATIONAL MEXICAN BURGER

Add some heat and smoky flavour to the delicious Sensational Burger. This Mexican burger recipe is loaded with a fresh hot tomato salsa and chipotle mayonnaise, served with a fresh and crunchy salad

Serves 10

Prep Time: 10 Mins

Cook Time: 8 Mins

Ingredients

- 10 x Garden Gourmet Sensational Burgers
- 10 x sourdough buns
- 5 tbsp low-calorie vegan chipotle mayonnaise
- 100g watercress
- 5 tomatoes, diced
- 1 large red onion, finely diced
- 2 red chillies, sliced
- Large bunch coriander leaves, washed
- Juice of 2 limes
- 1 tsp olive oil

Side Salad

- 180g celery, washed and sliced
- 1 large onion, sliced
- 350g baby gem lettuces, washed and chopped
- 240g carrots, peeled and grated

Salad Dressing

- 2½ tbsp tomato puree
- 2½ tbsp lemon juice
- 2½ tbsp water
- Large handful mint, chopped

Method

1. For the burger salad, mix the tomatoes, onion, red chilli and coriander with the lime juice in a bowl and set to one side
2. To make the side salad, mix all the ingredients in a large bowl. Place the salad dressing ingredients in a small bowl and whisk until well combined. Pour over the side salad and mix to coat well
3. To cook the Garden Gourmet Sensational Burgers in a non-stick frying pan, add 1 tsp oil to the pan over a moderate heat for:
 - a. Defrosted: 4-7 minutes
 - b. Frozen: 6-8 minutesTurn frequently
4. To assemble, cut the burger buns in half and spread the chipotle mayonnaise onto each burger lid. Divide the sourdough bases onto plates and top with cooked burgers, followed by the watercress and lime-dressed salad ingredients
5. Sandwich each with the other half of the burger bun. Serve each Mexican burger with a side salad

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1198 kJ 476 kcal	14.4g	5.2g	10.2g	2.11g
24%	21%	26%	11%	35%
of an adult's Reference Intake (RI)* Energy per 100g: 601 kJ / 119 kcal				



Mexican dishes are notoriously popular across the board, with influences seen from the Southern states of America and beyond



Serving Suggestion



Nestlé Business Development Chef, Justin Clarke

Try using a spicy Mexican cheese to add an extra kick to this Mexican burger recipe. Don't forget the raw-to-cook Sensational Burger can be cooked from frozen - so helps to reduce food waste costs

FILLET PIECES, SWEETCORN AND FRESH MOZZARELLA PIZZA



This pizza recipe is full of flavour, and also includes 2 of your 5 a day. Try the great combination of vegetarian fillet pieces, sweetcorn and fresh mozzarella

Serves 4

Prep Time: 10 Mins

Cook Time: 15 Mins

Ingredients

- 300g Garden Gourmet Fillet Pieces, defrosted
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 390g carton chopped tomatoes with basil
- 1 tbsp tomato puree (optional)
- ½ tsp sugar
- Freshly ground black pepper
- 2 large stone-baked pizza bases
- 100g sweetcorn canned in spring water
- 250g half-fat mozzarella cheese
- Handful fresh basil leaves

To Serve:

- 250g bag sweet leaf salad leaves
- Half cucumber, sliced
- 1 stick celery
- 20g cress
- 1 gala apple
- 1 carrot
- Juice of 1 lemon

Method

1. Preheat the oven to 200°C (180°C for fan ovens) or gas mark 6
2. Gently fry the garlic in the olive oil until pale golden, add the chopped tomatoes, sugar and tomato puree and simmer for 5 minutes until thickened
3. Divide the sauce between the bases and spread out. Top with the sweetcorn, mozzarella and finally the fillet pieces
4. Place the pizzas directly onto the oven shelves and bake for 10-12 minutes until golden and crispy
5. For the side salad, slice the cucumber, celery, apples and carrot, then toss with the cress and salad leaves and the juice of a lemon
6. Scatter the basil leaves onto the top of the pizzas and serve with the side salad

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2454 kJ 585 kcal	18.0g	5.9g	19.3g	1.73g
29%	26%	30%	21%	29%
of an adult's Reference Intake (RI)* Energy per 100g: 397 kJ / 95 kcal				



Serving Suggestion



Nestlé Business Development Chef, Darren Chapman Try adding some BBQ sauce to the fillet pieces or red pesto for an authentic taste. Vegan pizza bases and cheese make this a dish that can be easily adapted to be vegan and can be made and cooked from frozen



MEATLESS MEATBALL PIZZA

Take pizza to a new level with the Garden Gourmet Vegan Meatballs. Perfect as a topping option to drive spend-per-head or for unique pizza flavour creations like Double Cheeseburger, your customers will be in for a treat

VEGETARIAN CHILLI



Try a chilli like no other - vegetarian but with its meaty flavour left intact!



Serves 10

Prep Time: 20 Mins

Cook Time: 20 Mins

Ingredients

- 800g Garden Gourmet Mince
- 1½ tbsp olive oil
- 2 red peppers, finely chopped
- 2 green peppers, finely chopped
- 2 sticks celery, finely chopped
- 5 garlic cloves, finely chopped
- 2 tbsp ground cumin
- 1 tbsp smoked paprika
- 2 red chillies, finely chopped (optional)
- 2 x 400g Maggi Rich and Rustic Tomato Sauce
- 2 x 400g can kidney beans, in unsalted water, washed and drained
- 20g Maggi Vegetable Bouillon

To Serve:

- 450g uncooked rice
- 150g reduced fat soured cream (optional)
- 150g guacamole
- 150g fresh tomato salsa

Method

1. Heat the oil and fry the onion, peppers, celery, garlic, cumin, coriander, smoked paprika, vegetable bouillon and chilli (if using) for 5 minutes until softened
2. Add the tomato sauce and kidney beans and cook for 10 minutes
3. Cook the rice according to the pack instructions
4. Meanwhile stir the frozen mince into the chilli sauce and heat through for 5-6 minutes
5. Serve the chilli with the rice and add your toppings – soured cream, guacamole and salsa

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2166 kJ 515 kcal	13.4g	3.1g	14.0g	1.74g
26%	19%	16%	16%	29%
of an adult's Reference Intake (RI)* Energy per 100g: 497 kJ / 118 kcal				

Nestlé Culinary Business Development Executive, David Wright
As our mince is vegan, this recipe can be made vegan by substituting the sour cream with oat fraiche





WRAP WITH FILLET PIECES

Liven up lunchtime with this tasty vegan tortilla wrap full of bold flavours and sumptuous textures. This vegan dish makes a perfect on-the-go option or dine-in treat

Serves 10
Prep Time: 10 Mins
Cook Time: 15 Mins

Ingredients

- 800g Garden Gourmet Fillet Pieces
- 10 x tortilla wraps
- 480g courgettes
- 720g aubergines
- 680g tomatoes
- 800g romaine lettuce
- 100ml olive oil
- 400g crushed garlic
- 30g thyme
- 150g vegan light mayonnaise
- 20ml lemon juice

Method

1. Slice the courgettes and aubergines into slices, put on a baking tray with olive oil, garlic and thyme and bake for 10 minutes at 170° in the oven
2. Slice the leaves out of the romaine lettuce and cut the slices of tomatoes
3. Mix the mayonnaise with the lemon juice and add some water to adjust the texture
4. Put the tortilla flat on a cutting board, spread the sauce on top and add the salad, the grilled vegetables and the vegan fillet pieces
5. Roll into a wrap, cut in half and serve

Each portion typically contains:				
Energy 1895 kJ 454 kcal	Fat 20.5g	Saturates 3.0g	Sugars 7.7g	Salt 1.09g
23%	29%	15%	9%	18%
of an adult's Reference Intake (RI)* Energy per 100g: 414 kJ / 99 kcal				

Nestlé Nutrition Manager, Anna Collins

Why not offer a choice of wholemeal wrap with this dish? Wholemeal options can provide extra fibre



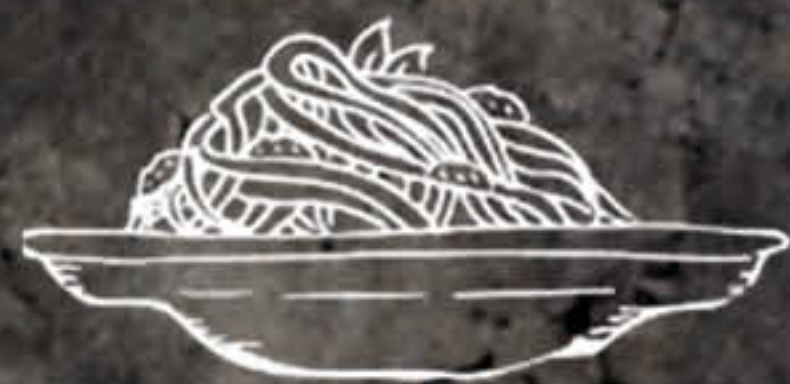
VEGANUARY

New Year,
New Year's resolution...

Make it your customers' resolution
to regularly revisit by showing
them just some of the amazing
plant-based dishes on offer to
start their new year in style



400,000 people signed up for Veganuary in 2020, with over 500 businesses taking part⁶ and popularity set to increase for 2021



KOREAN MINCE BOWL WITH STIR-FRIED ASIAN GREENS



Use Chinese pancakes with this vegan Korean recipe to change to a hand-held sharing dish

Serves 10
Prep Time: 15 Mins
Cook Time: 15 Mins

Ingredients

- 800g Garden Gourmet Mince
- 3½ tbsp agave nectar
- 3½ tbsp dark brown sugar
- 3½ tsp sesame oil
- 3½ tsp fresh lime juice
- 50g light, reduced salt soy sauce
- 5 tbsp water
- 200g spring onions, washed and thinly sliced
- 20g garlic, minced
- 20g ginger, peeled and grated
- 450g uncooked basmati rice

Garnish

- 5 x spring onions, washed and thinly sliced into scallions
- 100g unsalted peanuts, chopped
- 10g sesame seeds
- 30g sriracha
- 20g coriander leaves
- 2 x red chillies, sliced

Stir-Fried Asian Greens

- 2 tbsp sesame oil
- 6 cloves garlic, sliced
- 5g piece ginger, peeled and shredded
- 2 long red chillies, sliced

- 6 baby bok choy, halved
- 600g choy sum, chopped
- 300g green beans, trimmed and sliced
- 50g hoisin sauce
- 15g low salt, light soy sauce
- 40g coriander
- 5 spring onions, washed and cut into thinly sliced scallions

Method

1. For the Korean mince, first whisk together agave nectar, brown sugar, sesame oil, lime juice, soy sauce and water in a mixing bowl and set to one side
2. In a large pan, heat the sesame oil over a medium heat and add the garlic and ginger. Sauté for 2-3 minutes then add the Garden Gourmet Mince and agave nectar and fry for 6-8 minutes. Then take off the heat and allow to cool. Once cooled add the sliced spring onions
3. Cook the rice according to the pack instructions and set to one side, keeping warm
4. For the Asian greens heat the oil in a large wok over a high heat, add the garlic, ginger, chilli and cook for 1 minute or until crispy. Remove the garlic mixture from the oil and set aside. Add the bok choy, choy sum and beans to the wok and cook, stirring, for 3-4 minutes. Add the hoisin sauce and soy sauce and cook, stirring, for a further 1-2 minutes or until the greens are tender and then place in a large serving dish. Top the Asian greens with the crispy garlic mixture and spring onion scallions
5. To serve, divide the warm rice into 10 bowls then add the mince into each bowl
6. Garnish each bowl with spring onions, peanuts, sesame seeds, sliced chilli and coriander and drizzle with hot sriracha sauce

Nestlé Business Development Chef, Justin Clarke

The Garden Gourmet Mince contains less fat and doesn't lose volume during cooking unlike normal meat-based mince



Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
1972 kJ 458 kcal	11.8g	1.9g	14.7g	1.79g
23%	17%	10%	16%	30%

of an adult's Reference Intake (RI)*
Energy per 100g: 486 kJ / 116 kcal

2
OF YOUR 5 A DAY



KATSU CURRY BURGER WITH GARLIC POTATOES



Serving Suggestion

Serves 10
Prep Time: 20 Mins
Cook Time: 35 Mins

Ingredients

- 10 x Garden Gourmet Breaded Fillets
- 10 x seeded burger buns
- 300g iceberg lettuce, washed and sliced
- 5 x tomatoes, sliced (2 x slices per portion)

Katsu Slaw

- 90g light ketchup
- 1 tsp toasted sesame oil
- 1½ tsp low salt, light soy sauce
- 1½ tbsp Worcestershire sauce
- 1 tsp runny honey
- 1 x lime, squeezed
- 1½ tsp English mustard
- 4 tsp medium curry powder
- 110g light mayonnaise
- 500g green cabbage, finely shredded
- 400g daikon, peeled and shredded
- 150g spring onions, washed and shredded

Garlic Potatoes

- 2 tbsp extra virgin olive oil
- 1.1kg kipfler (waxy) potatoes, scrubbed and quartered
- 10 garlic cloves
- Cracked black pepper

This light and fresh vegetarian katsu curry burger is the perfect dish for the summer months. Featuring delicious Garden Gourmet Breaded Fillets paired with a katsu slaw and garlic potatoes, add this option to your vegetarian menu for a finger-licking feast

Method

1. To cook the garlic potatoes, preheat the oven to 220°C (425°F). Place the oil, potato, whole garlic cloves and pepper in a large deep-sided roasting tray and toss to combine. Cook for 15 minutes, (halfway), then cook for a further 15 minutes or until golden
2. For the katsu slaw, combine all ingredients apart from the cabbage, daikon and spring onions together in a bowl and stir until smooth. Then add the cabbage, daikon and spring onions and mix to combine
3. To cook the Garden Gourmet Breaded Fillet, place on a lined baking tray with greaseproof paper and bake in a preheated oven to 200°C (Fan 180°C) or Gas mark 6, for:
 - a. Defrosted: 5-6 minutes
 - b. Frozen: 8-10 minutes
4. To assemble the burgers, split and toast the buns, then divide the slaw between the base of the bun halves and top with the Breaded Fillets, sliced tomatoes and a layer of lettuce and serve with the garlic potatoes

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2467 kJ 588 kcal	19.0g	2.7g	12.8g	2.10g
29%	27%	14%	14%	35%
of an adult's Reference Intake (RI)* Energy per 100g: 548 kJ / 130 kcal				

Nestlé Nutrition Manager, Anna Collins
For a healthier alternative, swap the garlic potatoes for an Asian-inspired side salad





PORTUGUESE-STYLE BURRITO BOWL WITH FILLET PIECES



Serves 10

Prep Time: 2-12 Hrs
depending on the time available
to marinade

Cook Time: 15 Mins



Ingredients

- 2 x large romaine lettuces, washed cut into half, shredded
- 500g sweetcorn
- 480g black beans, (2 x cans drained and washed)
- 10 x ripe tomatoes, cut into quarters
- 2 x red onions, peeled and finely diced
- 3 x avocados, seeded and sliced

For the Rice

- 600g cooked long grain rice
- 50g coriander, finely chopped
- 8 x spring onions, washed and finely sliced
- ¼ tsp chilli flakes
- 2 x limes, squeezed

For the Fillet Pieces and Peppers

- 900g Garden Gourmet Fillet Pieces
- 2 tbsp smoked paprika
- 2 tsp cayenne pepper
- 2 tsp ground cumin
- 2 tbsp fresh oregano leaves, chopped
- 3 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 1 tsp brown sugar
- Cracked black pepper
- 5 garlic cloves, crushed
- 2 x red peppers, deseeded and sliced
- 2 x yellow peppers, deseeded and sliced
- 3 x limes, squeezed

Dressing

- 4 tbsp olive oil
- 3 x limes, squeezed
- 20g coriander, finely chopped
- 2 cloves garlic, crushed
- 1 tsp brown sugar
- ½ tsp ground cumin
- 1 tsp red chilli flakes

Garnish

- 2 x limes cut into segments
- Small bunch of coriander
- 2 x green chillies, sliced

Method

1. For the marinade, combine all the ingredients apart from the fillet pieces and peppers and mix well. Add the fillet pieces and marinate overnight or for as long as possible
2. Heat a large pan on medium-high heat, add the marinated fillet pieces and stir until golden/charred around the edges (about 8 minutes). Transfer to a clean container and allow to cool
3. Add the peppers to the same pan (drizzle a little extra oil only if needed), cook until soft and slightly charred and transfer to a clean container and cool
4. In a large bowl add the cooked rice, lime juice, coriander, chilli flakes and spring onions. Season with cracked black pepper to taste and mix well
5. For the dressing, whisk the dressing ingredients together to combine
6. To assemble, combine the lettuce, beans, corn, tomatoes, onion and peppers into 10 bowls. Add the marinated fillet pieces and arrange into bowls. Top each with avocado slices and drizzle with dressing. Garnish with lime segments, sliced chilli and coriander

**Nestlé Culinary Business Development
Executive, David Wright**

Roll the vegan burrito bowl ingredients inside a wholemeal flour tortilla and bake in the oven for 10 mins for an on-the-go meal



Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
2194 kJ 524 kcal	19.6g	3.2g	15.0g	0.83g
26%	28%	16%	17%	14%

of an adult's Reference Intake (RI)*
Energy per 100g: 418 kJ / 100 kcal



THE ULTIMATE SENSATIONAL BURGER WITH CLASSIC SLAW



A juicy blend of flavour and texture, this vegan burger recipe will satisfy the most avid meat lover with a taste and look that barely differs from beef. Paired with the satisfying crunch of classic slaw, with this vegan burger recipe, you've got a winner



Serves 10

Prep Time: 15 Mins

Cook Time: 8 Mins

Ingredients

- 10 x Garden Gourmet Sensational Burgers
- 10 x white vegan burger buns
- 100g low-fat vegan mayonnaise
- 50g reduced-salt tomato sauce
- 50g American mustard
- 4 large dill pickles, sliced
- 5 ripe tomatoes, sliced (2 slices per portion)
- 10 cos (romaine) lettuce leaves, washed
- 2 tsp olive oil

- 5 x onions, peeled and thinly sliced
- Cracked black pepper

Classic Slaw

- 500g savoy cabbage, thinly sliced
- 2 carrots, peeled and shredded
- 3 stalks celery, trimmed and thinly sliced
- 2 spring onions, thinly sliced
- 1 white onion, thinly sliced
- 25g low fat vegan mayonnaise
- 50g low fat yoghurt
- Cracked black pepper

Method

1. Mix the mayonnaise, yoghurt and some black pepper in a large bowl and whisk to combine
2. Add the cabbage, carrot, celery, green and onion and toss to combine, then transfer the slaw to a serving dish
3. For the caramelised onions, heat 1 tsp of olive oil in a frying pan, add the onions and cook over a medium heat, stirring until caramelised. As soon as the onions are cooked, season with freshly ground black pepper and set to one side
4. To cook the burgers in a non-stick frying pan, add 1 tsp olive oil over a moderate heat for:
 - a. Defrosted: 4-7 minutes
 - b. Frozen: 6-8 minutes
 Turn frequently
5. Toast the buns on both sides and then top each of the bases with half of the mayonnaise. Divide the rest of the mayonnaise with the burger lids along with the tomato sauce and mustard
6. To assemble starting from the base, add the lettuce, followed by the burger, fried onions, two slices of tomato and the sliced dill pickle and sandwich with the tops of the buns

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1942 kJ 464 kcal	18.6g	4.9g	11.6g	2.30g
23%	27%	25%	13%	38%
of an adult's Reference Intake (RI)* Energy per 100g: 523 kJ / 125 kcal				

Nestlé Business Development Chef, Darren Chapman

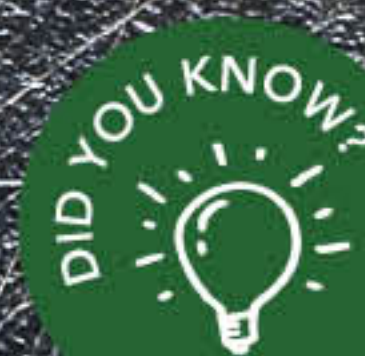
Why not try adding a slice of Cheddar cheese and serve hand-cut chips with smoked paprika. This raw-to-cook product can be cooked in pretty much every way possible



CHRISTMAS

'Tis the season to make new traditions! While set menus and turkey dinners will be synonymous with Christmas for some, others will be looking to treat themselves and try something different.

These Christmas menu ideas for inspiration show that plant-based dishes can still be deliciously indulgent!



86% of vegan consumers believe it's important that there's a specially created vegan dish on the menu, rather than something that has been adapted from a non-vegan dish⁷, and at Christmas something special is expected more than ever to appeal to everyone in the party

Whether your customers are looking for a quick bite to eat or just a taste of Christmas with something smaller, these recipe inspiration ideas have been included to work from daytime through to night. All recipes on the following pages can be further developed for your business on request

CHILLI POTATO SKINS

Baked until crisp, filled with Garden Gourmet Vegan Mince Chilli and topped with vegan blue cheese and apple chutney, chilli potato skins make a super loaded festive snack or appetiser.

TORTILLA WRAP WITH A CREAMY GARLIC AND CRANBERRY DRESSING

The Garden Gourmet Breaded Fillet makes the ideal filling for a festive-based tortilla wrap to enjoy as a quick bite to eat or on the move.

VEGAN XMAS SUB

Subway's Meatless Meatball Marinara was a roaring success and the demand for indulgent meat-free subs ensures this option will be a hit with your customers. The addition of the Garden Gourmet Vegan Meatballs offers an incredible flavour and texture to complement creamy vegan blue cheese, cranberry and chestnuts for a real taste of Christmas in a roll.



TURKISH PIDE

Widespread throughout Turkey, a pide is a broad, round flatbread baked with toppings traditionally baked in a stone oven. For the taste of something different, try the pide with the Garden Gourmet Mince or Sensational Burger in place of meat for a plant-based delicacy.

Pies are a staple on every festive menu. Whether deep-filled, encased in pastry or topped with a puff lid, these inspirational pie ideas show how winter classics can easily be adapted with our plant-based protein options

SENSATIONAL BURGER WELLINGTON

A crowd-pleasing centre piece, a traditional beef wellington can be easily adapted to become plant-based with the vegan Garden Gourmet Sensational Burger. Simple to reshape from defrosted, the Incredible Burger makes a great beef alternative, while a mushroom duxelle and vegan puff pastry will finish off this showstopper.

MINCE AND WILD MUSHROOM WELLINGTON

For a different take, try the Garden Gourmet Mince as a great alternative for a wellington filling. Packed with flavour, the mince works well with seasonal and flavourful wild mushrooms to create a fantastic turkey alternative.

FILLET PIECE AND CHESTNUT MUSHROOM PIE

A classic favourite, creamy chicken pie can be given a festive twist with the Garden Gourmet Fillet Pieces. Quick and simple to prepare, these work well with the creamy sauce and chestnut mushrooms, or for a completely vegan option why not consider oat fraiche as the sauce base along with a vegan pastry?

MINCE AND SWEET POTATO HARVESTER PIE

Celebrate the season with this comforting pie using the Garden Gourmet Mince and sweet potato. Perfect for the colder nights, this dish has a real home-cooked feel.

Nestlé Business Development Chef, Justin Clarke

The Garden Gourmet range has a place in every menu for every channel and in every season. Our dedicated specialist team of Development Chefs, Nutritionists and Marketers are here to support your menu innovation across all cuisine types





Winter-warming dishes never tasted so good. Take a range of classic favourites and give them a plant-based twist with these crowd-pleasing inspiration ideas

SENSATIONAL BURGER WITH CRANBERRY OR MANDARIN CHUTNEY

Nothing says Christmas like a burger with Brie, bacon and cranberry, but this year why not give people looking to cut down on meat intake their own taste of indulgence with a plant-based alternative? Use the Garden Gourmet Vegan Sensational Burger with a fruity chutney for a juicy taste and unbelievable flavour.

BREADED FILLET WITH CHEESY MASH AND HOMEMADE PICCALILLI

Swap a breaded chicken escalope for the Garden Gourmet Breaded Fillet for a great vegetarian option. The cheesy mash adds an indulgent feel to the dish while the salty and sour piccalilli provides a tangy kick and can be made with your vegetables and spices of choice.

MEATBALLS WITH A CHILLI AND CRANBERRY SAUCE AND ROASTED ROOT VEG

For a festive choice offering 2 of their 5 a day, why not combine the Garden Gourmet Vegan Meatballs with plenty of your favourite roasted vegetables and serve with a chilli and cranberry sauce for a real taste of Christmas.



FLAT IRON STEAK

Classic steak and chips gets a unique upgrade with the Garden Gourmet Vegan Sensational Burger. Easy to reshape once defrosted and with an incredible meaty taste and texture, give your vegan customers a mouth-watering dish to remember this Christmas.



ONE SENSATIONAL PARTNERSHIP

It's an exciting time to be working in such a dynamic and continuously growing category.

Let us inspire and support you with consumer-led insights and market trends and help ensure the whole business understands the scale of the opportunity. Our world-class product development and innovation pipeline means our range is continuously evolving.

Ultimately, our aim is to inspire your growth through winning recipes and menu ideas for autumn/winter and beyond.

Make one change and experience endless possibilities.

DISCOVER THE RANGE

From classic favourites to more adventurous creations, the Garden Gourmet options have been designed to inspire.

The recipes in this book have been created using a selection of our plant-based options but we have an ever-evolving range available to view on our website.



**Garden Gourmet
Sensational Burger**

- A meat-free burger that looks, cooks and smells sensational. With a taste this juicy, you won't believe it's vegan!
- A frozen product – ready to use from frozen or defrost
- Supplied as 7kg (each 2kg contains approximately 62 x 113g plant-based burgers)



**Garden Gourmet
Mince**

- Incredibly versatile and easy to prepare, the Mince is perfect for vegan-friendly creations
- A frozen product – ready to use after heating
- Supplied as 2x2kg (each 2kg contains approximately 26 servings of 75g)



**Garden Gourmet
Fillet Pieces**

- Suitable for vegans and with the unique look and texture of chicken, the Fillet Pieces offer amazing versatility for a wide range of dishes
- A frozen product – ready to use from frozen or defrost
- Supplied as 2x2kg (each 2kg contains approximately 26 servings of 75g)



**Garden Gourmet
Breaded Fillet**

- With a delicious crispy crumb, the Breaded Fillet has a great bite and amazing texture
- A frozen product – ready to use from frozen or defrost
- Supplied as 2x2kg (approximately 44 fillets in total with each 2kg bag containing approximately 22 fillets)



**Garden Gourmet
Vegan Meatballs**

- The perfect meat swap-out, these quick and easy to use meatless meatballs work well in everything from pasta dishes to sub rolls



To discover more about why Garden Gourmet is the perfect plant-based partner for your business, get in touch::

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www.nestleprofessional.co.uk/gardengourmet

   @gardengourmetuk